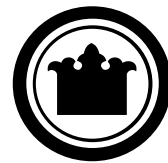


Mt. Rainier

This material is available in
alternate formats.



King County Park System

Mt. Rainier Pool

22722 - 19 Ave S
Des Moines, WA 98198
Phone: 206-296-4278
Relay: 1-800-833-6388
www.metrokc.gov/parks

Summer Schedule
June 25 - August 31, 2001
*Closing July 4 at 4 pm
Closed Sept 1 - 3 for Labor Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:30 - 7:30 am	Adult/Lap Swim					
7:30 - 8:30 am	Pool Maintenance					
8:30 - 9:30 am	Adult/Lap Swim & Water Ex	Adult/Lap Swim	Adult/Lap Swim & Water Ex	Adult/Lap Swim	Adult/Lap Swim & Water Ex	
9:30 - 11:30 am	Lessons: M - F, 2-week sessions					
11:30 - 1 pm	Adult Lap Swim					11 - 1 pm Adult Lap Swim
1 - 2 pm	Lessons: M - Th, 2-week sessions <i>Private lessons are available.</i>				Private Lessons	1 - 3 pm Public Swim \$2.60
2 - 4 pm	Public Swim, \$3.70					2 - 3 pm Public Swim 75¢
4 - 5 pm	Mighty Mites Training	Water Polo	Mighty Mites Training	Water Polo	Mighty Mites Training	3 - 4 pm Family Swim
4:30 - 6 pm	King Aquatic Club					
5:30 - 7 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	6 - 7 pm Family Swim	Saturday 1 - 8 pm RENTALS Available
7 - 8 pm	Public Swim				Public Swim 7 - 9 pm \$2.60	
8 - 9 pm	Water Exercise & Adult/Lap Swim				8 - 9 pm \$1.85	

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool usage.

SUMMER SWIM LESSONS

Mornings

Jun 25 - Jul 6
Jul 9 - Jul 20
Jul 23 - Aug 3
Aug 6 - Aug 17
Aug 20 - Aug 31

Evenings M/W or T/Th

Jun 25 - Jul 26 (10)
Jul 30 - Aug 23 (8)

Registration begins up to three months before the start of the class. See *Registration Policy*.

FREE PLACEMENT TEST

Placement tests are available at 11:30 am and 7 pm, Monday - Thursday. These are not required for Parent-Tot and Adult classes.

MIGHTY MITES TRAINING

M, W, F from 4 - 5 pm. Skills, training, and competition throughout the summer for 6 - 12 year olds. Registration is required for this great class. See evening lesson dates.

Water Exercise

Shallow water, instructor directed drop-in exercise classes designed to meet most fitness and interest levels. Aerobic emphasis includes both strengthening and flexibility activities.

COMPETITIVE SWIMMING

KING Aquatic Club. Join this USS sanctioned club for fun and competition! Sign-up is ongoing. Call the team office at 206-878-1634 for more information.

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Adult/Lap Swimming

M - F 5:30 - 7:30 am
M - F 8:30 - 9:30 am
M - F 11:30 - 1 pm
M, W, F 4:30 - 5:30 pm
M - Th 8 - 9 pm
Su 11 - 1 pm

Public Swimming

M - F, \$3.70 2 - 4 pm
M - Th, \$1.85 7 - 8 pm
F, \$1.85 8 - 9 pm

Promotional Swimming

F, \$2.60 7 - 9 pm
Su, \$2.60 1 - 3 pm
Su, 75¢ 2 - 3 pm

Family Swimming

(with adults swimming)

F 6 - 7 pm
Su 3 - 4 pm

EXERCISE PROGRAMS

Water Exercise Classes

M, W, F 8:30 - 9:30 am
M - Th 8 - 9 pm